

Among Friends



Fond du Lac Senior Center ... *where friends meet!*

JUNE 2015

Proudly serving the seniors in the Fond du Lac community for almost 50 years!



We're Rockin' & Rolling

Sock Hop, Classic Cars and Raffle Drawing

Wednesday, September 2; 1—3 p.m.
Lakeside Park Pavilion

- Car Show 1-3 p.m.
- Dilly Bars provided by Fond du Lac Avenue Dairy Queen
- Contests and prizes
- Sock Hop from 1:30-2:30 p.m. with music by Record Entertainment
- Raffle Drawing 2:30-3:00 p.m.

Cost to attend: \$3.00

Be a part of the fun!
Pre-registration with
payment is required.

Sign up at the Fond du Lac
Senior Center today!



Cathy's Corner



2015

A Free Monthly Publication
Vol. 6 • No. 6

What's Inside

Cathy's Corner.....	2
Fundraisers	3
Raffle.....	4
Programs & Activities	5, 6
Senior Summer Games	7
Programs & Activities	8
Movie	9
Health & Wellness	10, 11
Programs & Activities	12, 13
MPTC Classes.....	14, 15
Art & Recreation	16
Programs & Activities	17
Announcements	18, 19
Happy Travelers	20, 21
Services & Reminders.....	22
Membership Application	23



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone.....(920)322-3630

Emailcloomans@fdl.wi.gov

Hours.....M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Visit us online at www.fdlSeniorcenter.com Facebook.com/FondDuLacSeniorCenter

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



2

Hi All~

One of the fun things that I get to do as part of my job is to give tours of The Center to people who want to learn more about us and what we do. As part of that tour, I always talk about the unique partnership that has allowed The Center to grow and flourish. In case you haven't had my tour, I figured that I would share that information here as well.



The Fond du Lac Senior Center is part of the Community Development Department of the City of Fond du Lac. We are considered to be a part of the "Parks, Culture & Recreation" opportunities that the City offers to residents of Fond du Lac and the surrounding area. The City provides us with our beautiful building along with 4 staff people and the dollars to support the building and part of the operations of The Center.

Another part of this unique partnership is the Friends of the Fond du Lac Senior Center, Inc. organization. This non-profit corporation was formed in 1989 to support the operations of the Senior Center. The "Friends" are the group that you join when you become a "member" and your membership is vital to the success of The Center. The Friends provides 5 staff members and they do a LOT of fundraising to support all of the programming that we offer at The Center. They are governed by a 9 member Board of Directors who is very busy behind the scenes working with various committees and spearheading fund raising events.

While the City and the Friends each provide several paid staff people, our Center wouldn't be nearly as successful if it wasn't for the efforts of all of our volunteers. These are the people you see greeting visitors at the front desk, frying brats and burgers at the brat fry, setting up for dances and card games, inputting data into our database, and helping out wherever they are needed.

This is a wonderful, unique place that truly represents the good that can happen when groups work together. As Helen Keller said, "Alone we can do so little; together we can do so much." Come and be part of all of the good things going on here at The Center!

Good-bye and Best Wishes, Jean!



Jean Holzman's last day at the Senior Center was May 15th. As Wellness Coordinator, Jean made a difference in the lives of many seniors in our community. Thank you for all you've done here at the Senior Center. We wish you good health and happiness in your future endeavors!

Fundraisers

BRAT FRY THANK YOU

Thank you to everyone who helped make the Brat Fry fundraiser a success. It takes so many people to put this together! Special thanks to our brat fry committee, volunteers, and everyone who came out and purchased brats and burgers. Together we raised over \$2,700!



REMEMBER TO BUY KWIK TRIP GIFT CARDS!

We are still selling Kwik Trip gift cards in our gift shop. Use them to purchase gas, milk, bread, bananas—almost everything in the store! It's a great way to support the Center and it doesn't cost you anything extra.

Newsletter Crew

Editor..... Cathy Loomans
Coordinator.....Joan Brezinsky
Contributor.....Jean Holzman
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the July *Among Friends* newsletter is Friday, June 5, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

Sponsored by Smith & Hatch Insurance.

3



Taste How Much We Care.™

5% Senior Discount

3 Great Fond du Lac Locations to Serve You

969 E. Johnson St.
(next to Festival Foods)

W6606 Hwy 23W
(across from Menards)

81 W. Pioneer Rd
(next to Pick 'N Save South)



Harbor Haven Health & Rehabilitation

- Short-term Rehab Services
- Medicare Certified
- Alzheimer's Care
- Hospice Care
- Long-term Skilled Nursing Care

459 E. First Street, Fond du Lac • 920-906-4785

Serving the Community for Nearly 40 Years!



ROSE Bertram, LLC
The Fond du Lac Area
Retirement Planning & Investment Resource

Call now for a
complimentary consultation
920-922-9720

Securities and Advisory Services offered through Woodbury
Financial Services, Inc. Member FINRA, SIPC
Rose Bertram, LLC and Woodbury Financial Services, Inc.
are not affiliated entities.



SeekAndFind.com

is **NEW** and **IMPROVED**

Now it's
even easier
to shop these
advertisers.

Show them
your support!

PROTECTING SENIORS NATIONWIDE



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

TOLL FREE:
1-877-801-7772

*First Three Months

**HOLIDAY
SPECIAL**



Hearing Evaluations • Hearing Aids & Batteries • Assistive Listening Devices

We welcome all patients of Greg Wiersema & Audiology Center of Fond du Lac



Call (920) 332-4146 Now
For Your Appointment



Many Models Available!
www.fonddulachearingaids.com

481 E. Division Street, Suite 900 • Fond du Lac

Knights of Columbus Hall
OPEN TO THE PUBLIC

- Friday Fish Fry
- Wedding Receptions
- Banquets & Dinner Meetings

795 Fond du Lac Avenue

Phone (920) 921-1290
Web www.kchallfdl.com

HELP PROTECT YOUR FAMILY

CALL NOW!
1-888-891-6806



HOME SECURITY TEAM



Your Caring Community features ...

Advanced health care
Multiple living options
True community

Experience
true community today.
Call (920) 921-9520
to meet with our team.



Lutheran Homes & Health Services
Living long. Living well.

www.lutheranhomesfonddulac.org

Raffle News



**Win your share of
over \$4,000 in
cash and prizes!**

You can't win if you don't buy tickets!

Raffle items include:

- **\$500 Cash** J.F. Ahern
- **\$400 Cash** Zacherl Funeral Home
- **5 Brewers Tickets with Parking** - value \$305 Mi-Tech Services
- **4 Rounds of Golf** - value \$250 South Hills Golf & Country Club
- **\$200 Cash** TTI Trucking
- **Sterling and Diamond Pendant** - value \$195 The Goldsmith
- **Stainless Cross and Chain** - value \$195 The Goldsmith
- **6 Mo. Membership** - value \$180 LH&HS Wellness Center
- **Night Stay** – value up to \$140 Holiday Inn, FDL
- **4 Brewers Tickets** – value \$100 KFIZ
- **\$100 Cash** Michels Corporation
- **\$100 Cash** Uecker-Witt Funeral Home
- **Mary Kay Basket** – value \$100 Jana Secord
- **Painting** – value \$85 Lisa Ritchie
- **\$75 Gift Certificate** CW Smith Jewelers
- **4 Rounds of Golf** – value \$72 Oakgreen Golf Course
- **1 Friday Fish, 10 Free Games Bowling** – value \$62 Ledgeview Lanes
- **Handmade Quilt** – value \$50 Flying Geese Quilt Club
- **\$50 VISA Gift Card** – National Exchange Bank & Trust
- **\$50 Cash** Ottery Transportation
- **\$50 Cash** Tim Cruz, American Family Insurance
- **6 Movie Passes** – value \$48 FDL Sheriff's Department
- **Small Hope Chest** – value \$45 Waupun Correctional Institution
- **\$40 Gift Certificate** Krail Jewelers
- **\$25 Gift Certificate (4)** A&E Jewelers
- **\$20 Gift Certificate (2)** Country Visions Co-op
- **\$35 Gift Certificate** Northwinds Supper Club
- **\$25 Gift Certificate** Wood Sampler
- **\$25 Gift Certificate** Silica Appliance
- **\$20 Gift Certificate** Cobblestone Hair Studio
- **\$20 Gift Certificate** Pick N Save
- **\$20 Gift Certificate (2)** Techniques Salon
- **30 Minute Massage** – value \$38 Haven Salon
- **\$35 Gift Certificate** J&K Alignment
- **\$25 Gift Certificate** Wood's Floral & Gifts
- **\$20 Gift Certificate** Festival Foods
- **\$20 Gift Certificate** Personal Touch
- **\$20 Gift Certificate** Fred's Fastrac

Ticket printing
courtesy of
**Grande Cheese
& Mach Funeral
Chapel .**

Numerous prize packages featuring gifts from: Action/Reporter Media, Blanck's Lake Aire, Model Cleaners, Jet Stream Car Wash, Pump & Pantry, Schreiner's, Backyard Grill, Red Cabin at Green Acres, Blanck's in Johnsbury, Domino's Pizza, Fat Joe's, and **MORE PRIZES COMING IN EVERY WEEK!** Watch future newsletters for updated list or see the complete list at the Senior Center.

Thank you for your support!

Programs & Activities

Intergenerational Activity



Friday, July 10; 1:00–2:00 p.m.

Bring your grandchildren (or other special child), a favorite teddy bear and join us at our Teddy Bear Picnic! There will be a teddy bear craft, treats and activities.

Cost: \$1 per person

To register, call
322-3630 before
Thursday, July 2.



WRITING YOUR STORIES

Thursday, June 18

1:30 p.m.

You have experiences and stories you'd like to tell, but may not know how to express them in writing. This presentation, by



John Silah and Bob Miller, is designed to help you write down the stories that are important to you. Whether you write these stories to keep for yourself, or to share with others, this presentation will help you get started.

To register, call 322-3630 before Thursday, June 11.

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.



Royal Rummy is back!

Friday, June 12; 1–3:30 p.m.
at the Senior Center

An easy game to play ~ anyone can do it!

Hostesses: Gail Zimmerman, Helen VandeBerg, Patti Werdin, Char Nelson, and LaVerne Kabat

Bring your own drinks. Snacks will be provided. Prizes awarded.

Please sign up at the front desk, where additional information is available.

GROUP DISCUSSION WITH ANDREA "FORGIVENESS"

Tuesday, June 16; 3:15 p.m.

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be *Forgiveness*.



"Forgiveness doesn't excuse their behavior. Forgiveness prevents their behavior from destroying your heart." - *Author Unknown*. This inspirational quote summarizes the benefits of

forgiving others or ourselves for wrong doing. Learn about forgiveness and how to do it at this month's discussion group.



For more information or to register for this group discussion, call 322-3630.

Programs & Activities

AARP Annual Summer Picnic

Wednesday, June 17

11:30 a.m. Social, 12:00 p.m. Luncheon

Followed by musical entertainment by
Les Schneider and his mother, Theresa.



North Fond du Lac
Community Center
280 Garfield Street
North Fond du Lac

Menu:

Catered by Entrees on Trays

Hot Ham & Shredded Turkey Sandwiches,
Baked Beans, Potato Salad, Fruit Fluff, Brownie
and Beverage

Cost \$10 per person

Make check payable to: AARP Chapter 614

Fill out the registration form below and drop off with
payment at the FDL Senior Center, 151 E. First St.,
or mail to Charlotte Nelson, 377 Walker Street,
Fond du Lac, WI 54935

Deadline to register: Friday, June 12

Door Prizes—Raffle—Great Food—Entertainment

All are Welcome!

This event is sponsored by AARP Chapter 614

YES! I (We) will be attending the AARP Picnic!

Name(s) _____

Address _____

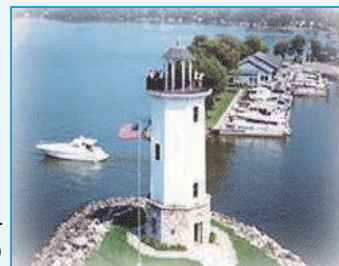
Phone _____ Amount Enclosed _____



LAKE WINNEBAGO BOAT RIDE

Wednesday, July 8
1:00 p.m. sharp!

Get ready for a boat ride on
Lake Winnebago!



Karin Whealon of the FDL Yacht Club has offered to organize boats for a relaxing boat ride. We will meet at the Yacht Club (on the harbor in Lakeside Park) at 1:00 p.m. and the boats will be back to dock by 2:30 p.m. The Yacht Club has invited participants to stay for a "make-your-own" banana split treat after the ride.

YOU MUST REGISTER TO PARTICIPATE. Please call the Senior Center to register by Wednesday, July 1, to participate. You will need to give the following information: your name, your phone number, the number of people you would like to reserve space for on the Senior Center Boat Ride, and your boat preference—sail boat or power boat.

On the day of the boat ride, \$10.00 per person will be collected at the Yacht Club and used toward gas for the boats and a donation to the Senior Center. In order to participate, you must be physically stable enough to enter and exit from the boat with very little assistance. It is important to be on time as the boats will be boarding promptly at 1:00 p.m.

If the weather is questionable on ride day, call the Senior Center at 322-3630

100 Years Royal Horticultural Society Chelsea Flower Show

Thursday, June 25; 1:00 p.m.

Join the Green Thumb Garden Club as they show a spectacular DVD capturing the very best of the RHS Chelsea Flower Show—the most prestigious horticultural event in the world. See a stunning



array of award-winning gardens and glimpse inside the Great Pavilion with its dazzling display of plants from around the world. RHS experts also offer advice on making the most of your own garden. Refreshments will be served.

Call the Senior Center at 322-3630 to register.

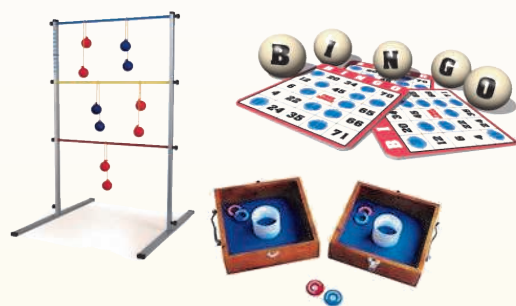
Senior Summer Games

Sponsored by the Fond du Lac Senior Center & Senior Wellness Coalition

Wednesday – July 15, 2015

9:00 a.m. – 1:30 p.m.

Taylor Park (Rain date: Thursday, July 16)



A picnic lunch will be offered by the Friends of Taylor Park for \$7.75 and includes a brat or burger, potato salad, baked beans, chips, dessert, and beverage. Pre-register and pay the \$7.75 lunch at the Fond du Lac Senior Center, 151 E. 1st St., by Monday, July 6. **NOTE:** The lunch is a **fundraiser** to support Taylor Park.

Although the games are free for participation, pre-registration for the \$7.75 lunch is required. To help with planning, pre-register by Monday, July 6, so that schedules can be arranged and games finalized. Which games would you like to participate in? We'll show you how the games are played. No experience is needed.

- | | |
|-------------------------|---|
| 9:00 a.m. | Check in, get water & healthy snack |
| 9:15 a.m. | Welcome |
| 9:30 a.m. | Poker Walk – walk around park at your own pace |
| 10:00–11:00 a.m. | Summer Games – see list below & pre-register by July 6 |
| 10:30 – 11 a.m. | Low Impact Water Aerobics Class – bring your swimming suit for this free class |
| 11:30 – Noon | Banana Bingo – try your luck |
| Noon–1:00 p.m. | Picnic Lunch – sponsored by Friends of Taylor Park (must pre-register by July 6) |
| | Musical Entertainment by The Rascals – Senior Center Band |
| 1:00–1:30 p.m. | Awards & Door Prize Drawing |

Please bring your own lawn chair. There are a limited number of picnic tables.

Please mail to the Fond du Lac Senior Center or drop off at 151 E. 1st Street by Monday, July 6.

NAME _____

ADDRESS _____ **PHONE** _____

☐ **YES**, I will have the picnic lunch: CHOOSE ONE: ☐ Brat OR ☐ Burger

\$7.75 Payment ☐ Check # _____ OR ☐ Cash Date _____ Clerk _____

☐ **NO THANKS**, I do not want the lunch.

Don't forget to bring your lawn chair!

PLEASE REGISTER ME FOR:

- | | | |
|---|---|--|
| <input type="checkbox"/> Ladder Ball | <input type="checkbox"/> Bean Bag Toss | <input type="checkbox"/> Simple Board Games & Cards |
| <input type="checkbox"/> Washer Game | <input type="checkbox"/> Poker Walk | <input type="checkbox"/> Yolf (<i>we'll teach you; it's simple!</i>) |
| <input type="checkbox"/> Bingo 11:30 a.m.—Noon | <input type="checkbox"/> Live TV Trivia | |
| <input type="checkbox"/> Low Impact Water Aerobics Class held at the pool from 10:30 – 11:00 a.m. | | |



Programs & Activities

ARTIST OF THE MONTH

June: Kathy Wilke

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!



Coffee & Conversation

First Friday of every month

Friday, June 5

8:00—10:00 a.m.

Join your friends at the Senior Center the first Friday of every month from 8-10 a.m. for coffee, donuts and good conversation.

Mark your calendars for these upcoming

SCRAPBOOK CROPS

Saturday, July 18; 9 a.m.—9 p.m.

To register, contact Kim Wagner at 920-517-1108.

Saturday, August 22; 9 a.m.—9 p.m.

To register, contact Colette Jaeger at 920-602-2486.

Personal Color Analysis

Discover your most flattering colors!

Friday, June 19

10 a.m.—12 p.m. or 1:00-3:00 p.m.

Alexandra Benz, Certified Image Consultant, will discuss the concepts of color categories. Your Personal Color Analysis will determine your most flattering colors. You will then receive a complete makeover. In addition you will receive color swatches of your most flattering colors. This will help you make wise purchasing decisions. On shopping trips the swatches will help you buy within your color category and build a coordinated wardrobe. This will save you time, money, and frustration. And when you wear your most flattering colors you will always look your best.

Cost: \$45

Space is limited, register early! Call 322-3640.



The Niagara Escarpment:

An Ancient Treasure from Wisconsin's Tropical Seas

Wednesday, July 1

1:30 p.m.

Presented by Herman Bender

The Niagara escarpment is a huge, physical landscape feature composed of dolomite and limestone which surrounds the Michigan 'basin' of old and extends across seven states and lower Canada. In eastern Wisconsin, it stretches from Door County to the state line. Named after the famous falls in New York, the geology and history encompass far more than seen by simply examining a map. Silurian in age (i.e. approximately 430,000,000 years old), fossil-rich parts of it once formed a fringing reef reminiscent of the Great Barrier Reef by Australia. But, the Niagara escarpment is also a part of the broader cultural landscape where its natural attributes and the vistas afforded from its heights are something people have been aware of for thousands of years.



This Power Point presentation will be about one hour in length and features the escarpment units in Calumet, Fond du Lac and Dodge Counties.

This program was developed for the official Wisconsin State Resolution declaring 2010 *The Year of the Niagara Escarpment*.

Call 322-3640 to register.

WANTED: BUNCO AND SCRABBLE PLAYERS

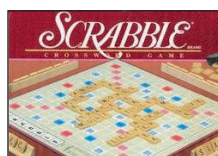
Bring your friends and join the fun!

BUNCO

Thursdays at 1:30 p.m.

SCRABBLE

2nd & 4th Monday at 10 a.m.



Programs & Activities - Movie



"The Grand Budapest Hotel"

Two showings: Thursday, June 4 and Wednesday, June 24

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

June 4 Menu: Pork steak, mashed potatoes, red cabbage, birthday cake, applesauce, roll

June 24 Menu: Country fried steak, mashed potatoes, peas & carrots, choc. cloud torte, plum halves, bread

2014 movie; Adventure/Comedy/Drama; 1hr 40mins; R; Starring: Ralph Fiennes, F. Murray Abraham, Mathieu Amalric

The adventures of Gustave H, a legendary concierge at a famous hotel from the fictional Republic of Zubrowka between the first and second World Wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune – all against the back-drop of a suddenly and dramatically changing continent.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

9

Southlake and Ashbury Senior Living

~Heat and Water is Included~
~Ask about our Specials~

Call **(920) 948-3313**



Professionally managed by Premier Real Estate



We've moved indoors!

90 S. Main Street

Downtown Fond du Lac

Every Saturday 9 a.m. - 12:30 p.m.

Fresh Produce • Baked Goods • Meat • Coffee • Crafts

www.downtownfdl.com • 920.322.2006



Christopher S. McFarlane DDS
Mark J. Ridenour DDS

Services provided:
Dental Implants
Wisdom Tooth Removal
IV Sedation • Tooth Removal

NEW PATIENTS WELCOME

155 N. Rolling Meadows Drive
Fond du Lac, WI 54937
(920) 921-5001

www.omswinnnebago.com

JACK TWOHIG'S CARPET ONE

600 Fond du Lac Ave.
Fond du Lac

(920) 921-8940

www.jacktwohigcarpetone.com

St. Charles Cemetery

*A Peaceful Country Place
on the Ledge*

W4287 Golf Course Drive
Fond du Lac, WI 54937
921-4381 or 921-0580



SeekAndFind.com

is **NEW** and **IMPROVED**

Now it's
even easier
to shop these
advertisers.

Show them
your support!

People are looking
for your business.



Help them find it
by **advertising here.**

Contact Tom Schmanski to place an ad today!
TSchmanski@4LPi.com or (800) 950-9952 x2537

Residential Services, Inc.

Affordable housing for older adults

WE PROVIDE:

- 24-hour supervision • Caring & trained staff
- Community & home activities • Family-oriented home setting
- Home-cooked meals • And more...

LINCOLN HOUSE: 342 Forest Ave. • **FRANKLIN HOUSE:** 349 W. 11th St.

call 922-7072

Serving the people of Fond du Lac for over 38 years



Celebrating a Tradition of Service
Prompt, Free Delivery

- We Bill All Types of Insurance
- Weekly & Monthly Drug Packaging Available
- We Will Pick Up Prescriptions
- We Deliver Anything We Sell
- All Medicare Part D Plans
- Carrying Wisconsin's Best Candies

Mon-Fri 9am-6pm • Saturday 9am-1pm
920-921-2550 • 9 N. MAIN ST. • FOND DU LAC

MEMORY CARE EXPERTS

AZURA
MEMORY CARE

Transforming the culture of care.

Offering Respite Care \$100
per day, from 3-28 days.

2220 Brookview Ct. • Oshkosh

www.azuramemory.com

(920) 426-9900



FOR AD INFO CALL TOM SCHMANSKI **1-800-950-9952 • www.4LPi.com**

Friends of Fond du Lac Senior Center

B 4C 01-1122
03-16-2015 12:29:20

Health & Wellness



TAI CHI

Tai Chi has value in treating or preventing many health problems. The next session will **begin on June 30 and end on August 18**. Classes meet **Tuesday**

mornings from 9—10 a.m. The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.

June Bike Ride

Join us on Tuesday, **June 9 at 10 a.m. in the Target parking lot** to ride along the Eldorado Marsh to Rosendale or Eldorado (depending on trail conditions). Bring money for lunch in Eldorado. The ride will be on graveled trails and will be about 10 to 12 miles. Please call 322-3630 to register. 50¢ Donation. Cancellations on ride day call Caroline at 922-3561. Rain Date: June 16.



Exercise Classes



LOW IMPACT CHAIR EXERCISE

With Jaime Roth

Mondays 9:00 – 9:30 a.m.

Sponsored by

**All About Life Rehabilitation Center
Men and Women Welcome!**

CHAIR EXERCISE VIDEO

Wednesdays 9:45 —10:15 a.m.

Sponsored by **Lutheran Homes and Health Services**

OTHER EXERCISE

HikersTuesday& Thursday, 10 a.m.

Line Dancing....Thursdays 6—7:30 p.m.; \$10/ 4 weeks

Beginning Line Dance...Thursdays 8:30—10 a.m.; \$7.50/ 3 weeks

Water Exercise Daily 8 a.m. at the Aquatic Center \$3.75 per session

Zumba GoldMoved to another location. Call Kirsten at 920-606-9078 for information.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Manor Care

Friday, June 12; 9—10 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, June 12; 9—10 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted. *12-hour fast required.*

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, November 10; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. *12-hour fast required*

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; **Cost: \$25**

Thursday, June 11, 18, 25

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, June 12; from 8:30—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment. Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

Tuesday, June 23; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, November 10; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45.

Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, June 25; 6:30—8:00 p.m. *(4th Thursday)*

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUPS

Tuesday, June 16; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 American Drive ~ American Room

There will not be any meetings in the summer months

St. Agnes Hospital, 430 E. Division Street; 5th Floor Meeting Room

GLUTEN FREE SUPPORT GROUP

Tuesday, September 15; 6:30 —7:30 p.m.

Fond du Lac Senior Center, 151 E. First Street

PARKINSON'S SUPPORT GROUP

Monday, June 8; 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, June 9; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Health & Wellness

Forgiveness

Tuesday, June 16, 3 — 4 p.m.

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. "Forgiveness doesn't excuse their behavior. Forgiveness prevents their behavior from destroying your heart." This inspirational quote summarizes the benefits of forgiving others or ourselves for wrong doing. Learn about forgiveness and how to do it at this month's discussion group. For more information or to register for this group discussion, please call 322-3630. Walk-ins are welcome.



LOOK GOOD...FEEL BETTER

**Wednesday, July 8;
10 a.m. to Noon**

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center.



This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.



Mark Your Calendar!

You don't want to miss the **4th Annual Senior Summer Games** at Taylor Park. **Wednesday, July 15, 9 a.m. to 1:30 p.m.** Bean

Bag Toss, Ladder Ball, Bingo and much more. Picnic lunch by Friends of Taylor Park. Registration form is on Page 7. Rain date: Thursday, July 16.

Diabetes Prevention Thursday, June 4 10—11 a.m.

Kristin Quast, Diabetes Prevention Coordinator at the Fond du Lac Family YMCA, desires to promote wellness and disease prevention in Fond du Lac. More than 1 out of 3 adults in our community is at high risk for developing type 2 diabetes. New cases of diabetes can be drastically reduced with modest weight loss and increased physical activity. Please call 322-3630 to register.



Do You Like to make Others Smile?

Check out our Outreach Opportunities by calling 322-3630.

Senior Outreach Program

Reaching Out – Touching Lives

Community Cares

Volunteers will visit **St. Peter's Place, 50 E. First Street, Tuesday, June 23, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in the life of a lonely senior.



Senior Outreach Program

Outreach Volunteers will meet on **Thursday, June 4, at 9 a.m.** **Kim Marheine, Ombudsman Service Supervisor,** will explain the most effective ways for outreach volunteers to advocate for their clients that are in assisted living facilities or nursing homes. **At 10:00 a.m. we will be joined by Kristin Quast, Diabetes Prevention Program Coordinator** at the YMCA. About 21,000 adults in the Fond du Lac area are prediabetic.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

JOIE

Monday

1

9:00 Low Impact Chair Exercise

9:00 Woodcarving Club
9:30 Ladies Golf League at Oakgreen Par 3

11:30 Beginning Drawing & Watercolor

1:00 German Club

1:00 Poker

1:15 Sheephead

2:00 Soul Collage

4:30 TOPS #1159

Tuesday

2

9:00 AARP Board
 9:00 Tai Chi

9:00 Skat

9:00 Craft Shop Consignor Intake
 10:00 Acrylic & Oil Painting Class

12:30 Bridge

1:00 Drawing & Watercolor Class

1:00 Bingo—Sponsor: Manor Care

1:00 Stitchery Group

3:00 Mixed Media Art Class

5:30 Senior Dining at Sebastian's

6:00 Winnebago Woodworkers at Horace Mann High School

Wednesday

3

8:30 SCAMP

9:00 Hand Chimes

9:30 Ladies Golf League at Oakgreen Par 3

9:45 Video Chair Exercise

12:00 Hand & Foot

12:00 Canasta

1:00 MPTC Apple iPad Basics

1:15 Sheephead

7:30 Wed Night Dance

Happy Travelers-Ho Chunk, WI Dells Craft & Antique Mall

Thursday

4

9:00 Senior Outreach

9:00 Hand Chimes

9:00 Beg. Country Line Dance

10:00 Speaker Kristin Quast - Diabetes Prevention

10:00 Scrapbooking

10:00 Beginning Bridge

12:00 ROME0's-Sunset

12:30 Movie - "The Grand Budapest Hotel"

12:30 Bridge

1:00 Flying Geese Quilters

1:30 Bunco

5:45 TOPS #0566

6:00 Country Line Dancing

6:00 Chartastics Scrapbook Club

Friday

5

8:00 Coffee & Conversation
 10:00 Red Hat Chorus

1:15 Sheephead

6 Saturday

7 Sunday

8

9:00 Low Impact Chair Exercise

9:00 Woodcarving Club
9:30 Ladies Golf League at Oakgreen Par 3

10:00 Scrabble

12:30 Beginning Drawing & Watercolor

1:00 German Club

1:00 Poker

1:15 Sheephead

4:30 TOPS #1159

6:30 FDL Area Writers Club

11

9:00 Foot Care

9:00 Hand Chimes

9:00 Beg. Country Line Dance

10:00 Scrapbooking

10:00 Beginning Bridge

12:30 Bridge

1:00 Phones & Visual Impairment

1:30 Bunco

5:45 TOPS #0566

6:00 Country Line Dancing

7:00 Sunset Stitchers

12

9:00 Health Screenings & Hearing Aid Cleaning
 10:00 Red Hat Chorus

10:00 Finding Your Way Home

1:00 Red Hat Honey's Royal Rummy

1:15 Sheephead

13 Saturday

14 Sunday

15

9:00 Low Impact Chair Exercise

9:00 Woodcarving Club

9:30 Book Club

9:30 Ladies Golf League at Oakgreen Par 3

18

9:00 Hand Chimes

9:00 Foot Care

10:00 Scrapbooking

10:00 Beginning Bridge

19

8:30 SCAC

10:00 Red Hat Chorus

10:00 Personal Color Analysis

1:00 Personal Color Analysis

<div>12:30 Beginning Drawing & Watercolor</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheepshead</div> <div>4:30 TOPS #1159</div>	<div>12:30 Bridge</div> <div>1:00 Bingo—Sponsor: Lakeview Place</div> <div>1:00 Drawing & Watercolor Class</div> <div>1:00 Stitchery Group</div> <div>1:00 Living Well with Chronic Conditions at MPTC</div> <div>3:00 Mixed Media Art Class</div> <div>3:15 Discussion Group—Forgiveness</div> <div>5:30 Senior Dining at Blanck's Lake Alire</div> <div>6:00 Winnebago Woodworkers at Horace Mann High School</div>	<div>9:45 Video Chair Exercise</div> <div>11:30 AARP Annual Summer Picnic (Lunch at 12) at N FDL Community Ctr</div> <div>12:00 Hand & Foot</div> <div>12:00 Canasta</div> <div>1:15 Sheepshead</div> <div>7:30 Wed Night Dance</div>	<div>12:30 Bridge</div> <div>1:30 Bunco</div> <div>1:30 Writing Your Stories</div> <div>5:45 TOPS #0566</div> <div>6:00 Chartastics Scrapbook</div> <div>Happy Travelers-Fireside Theatre "Guys on Ice"</div>	<div>20 Saturday</div> <div>21 Sunday</div>	<div>1:15 Sheepshead</div>
<div>22</div> <div>8:00 Newsletter Assembly</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>9:30 Ladies Golf League at Oakgreen Par 3</div> <div>10:00 Scrabble</div> <div>12:30 Beginning Drawing & Watercolor</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheepshead</div> <div>4:30 TOPS #1159</div>	<div>23</div> <div>9:00 Tai Chi</div> <div>9:00 Skat</div> <div>9:00 Craft Shop Consignor Intake</div> <div>10:00 Acrylic & Oil Painting Class</div> <div>10:00 Massage</div> <div>12:00 MPTC Using Craigslist</div> <div>12:30 Bridge</div> <div>1:00 Drawing & Watercolor Class</div> <div>1:00 Bingo</div> <div>1:00 Stitchery Group</div> <div>1:00 Living Well with Chronic Conditions at MPTC</div> <div>2:00 Community Cares at St. Peter's Place</div> <div>3:00 Mixed Media Art Class</div> <div>5:30 Senior Dining at Northwind's Supper Club</div> <div>6:00 Winnebago Woodworkers at Horace Mann High School</div>	<div>24</div> <div>8:30 SCAMP</div> <div>9:00 Hand Chimes</div> <div>9:00 MPTC Travel Wisconsin</div> <div>9:30 Ladies Golf League at Oakgreen Par 3</div> <div>9:45 Video Chair Exercise</div> <div>12:00 Hand & Foot</div> <div>12:30 Movie - "The Grand Budapest Hotel"</div> <div>1:15 Sheepshead</div> <div>7:30 Wed Night Dance</div>	<div>25</div> <div>9:00 Foot Care</div> <div>9:00 Hand Chimes</div> <div>9:00 Beg. Country Line Dance</div> <div>10:00 Journaling</div> <div>10:00 Beginning Bridge</div> <div>12:30 Bridge</div> <div>1:00 SALT/TRIAD</div> <div>1:00 Green Thumb Garden Club</div> <div>1:30 Flower Show</div> <div>1:30 Bunco</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>6:30 Alzheimer's Support</div>	<div>26</div> <div>9:00 Friends Board</div> <div>10:00 Red Hat Chorus</div> <div>1:15 Sheepshead</div> <div>27 Saturday</div> <div>28 Sunday</div>	<div>OFFSITE SUPPORT GROUPS</div> <div>6/8 10:00 Parkinson's Support Group- Aurora Health Care</div> <div>6/9 8:30 Prostate Cancer Support Group- Rolling Meadows Family Restaurant</div> <div>6/16 4:00 Diabetic Support Group at Aurora Health Care Center</div> <div>**All Orange Events are held Offsite</div> <div>Billiard Room open daily for open Pool. Pool League starts in Sept.</div>
<div>29</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>9:30 Ladies Golf League at Oakgreen Par 3</div> <div>12:30 Beginning Drawing & Watercolor</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheepshead</div> <div>4:30 TOPS #1159</div>	<div>30</div> <div>9:00 Tai Chi</div> <div>9:00 Skat</div> <div>9:00 Craft Shop Consignor Intake</div> <div>10:00 Acrylic & Oil Painting Class</div> <div>12:30 Bridge</div> <div>1:00 Drawing & Watercolor Class</div> <div>1:00 Bingo</div> <div>1:00 Stitchery Group</div> <div>1:00 Living Well with Chronic Conditions at MPTC</div> <div>3:00 Mixed Media Art Class</div> <div>5:30 Senior Dining at Benvenutos</div> <div>6:00 Winnebago Woodworkers at Horace Mann High School</div>	<div>LET'S DO LUNCH!</div> <div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseiorcenter.com</div> <div></div>			

Classes

WE'VE GOT CLASS! REGISTER NOW!



MORaine
PARK
TECHNICAL COLLEGE



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
----------	-----	------	---------------	------	---------------	------------	------------	------------

COMPUTER BASICS 1

103-483-10045	T, W, R	July 14, 15, 16, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	-----------------------	--------	----------------	---------	-----------	--------	---------

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

COMPUTER BASICS 2

103-485-10065	T, W, R	July 21, 22, 23, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	-----------------------	--------	----------------	---------	-----------	--------	---------

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

COMPUTER BASICS 3

103-490-10073	T, W, R	July 28, 29, 30, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	-----------------------	--------	----------------	---------	-----------	--------	---------

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

APPLE IPAD BASICS

103-611-10018	W	June 3, 2015	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.60	\$25.90
---------------	---	--------------	-------	----------------	---------	-----------	---------	---------

Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.

Classes

APPLE IPAD BASICS II

103-613-10025	W	June 10, 2015	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.60	\$25.90
---------------	---	---------------	-------	----------------	---------	-----------	---------	---------

Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

USING CRAIGSLIST

103-603-10032	T	June 23, 2015	1 day	12:00—4:00 p.m.	4 hours	K. Beaman	\$20.60	\$25.90
---------------	---	---------------	-------	-----------------	---------	-----------	---------	---------

In this class, you will learn about selling and buying personal items on Craigslist for first time users. Must have e-mail address. Bring a jump drive, digital camera, and item to sell.

SMART VACATION—TRAVEL WISCONSIN

891-600-10010	W	June 24, 2015	1 day	9:00—Noon	3 hours	K. Beaman	\$20.60	\$25.90
---------------	---	---------------	-------	-----------	---------	-----------	---------	---------

Discover wonderful opportunities for affordable, fun and interesting vacations for all ages in our own beautiful state.

WHAT IS GOOGLE PLUS?

103-618-10043	F	July 10	1 day	9:00—Noon	3 hours	K. Kraft	\$20.60	\$25.90
---------------	---	---------	-------	-----------	---------	----------	---------	---------

Google Plus is a social networking platform for discovering and sharing digital content with friends, family and coworkers. Let us teach you how to set up a profile, post messages, upload photos, create and organize circles, join communities and so much more.

FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income
No Asset Limitations**

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac
CALL RHONDA AT (920) 929-9270

An Independent Living Community For 55+

-Certain Income Guidelines Apply-

**1 and 2 Bedroom
Apartments Available**

MANAGED BY PROFESSIONAL PROPERTY MANAGEMENT



**All Utilities Included (Except Electric)
Heated Underground Parking,
Senior Dining, Bingo & More**



~ GENERAL CONTRACTOR ~
~ CONSTRUCTION MANAGEMENT ~
~ DESIGN/BUILD ~
www.capellediedrich.com
~(920) 921 7830~



Comforting Solutions for In-Home Care
920-922-1779
485 S. Military Rd. Ste 7, Fond du Lac
WWW.COMFORTKEEPERS.COM



HOUSE CALLS ARE OUR SPECIALTY!

- Personal Care - Short or Long Term
- Homemaker Services - Short or Long Term
- Respite Care
- Companionship

Because we care
Help is on the way



923-1155

Equal Opportunity Employer

286 18th Street • Fond du Lac

The Villas of the Holy Land

Providing skilled nursing care, assisted living and rehabilitative services to those in need.

- The Villa Rosa, a 20 unit assisted living apartment complex adjoins the existing Villa Loretto, a 50 bed skilled nursing home
- Villa Loretto: Medicare & Medicaid Certified

Villa Loretto Nursing Home
N8114 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3211 • Fax (920) 753-3100
Administrator: Sandra Randall

A Comprehensive approach to your rehabilitation needs.
Services include: Physical Therapy, Occupational Therapy, Speech Language Pathology Services.
Our services are available full time without age limitations and are not restricted to our residents.

Villa Rosa Assisted Living
N8120 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3015 • Fax (920) 753-2580
Manager: Brenda Gudex, LPN

PORTLAND SQUARE APARTMENTS

NOW RENTING

**LARGE ONE BEDROOM
APARTMENTS FOR SENIOR
AND DISABLED**

Rent is 30% of your
monthly adjusted income.
Convenient, Secure Location,
Professional Management
Home to Fond du Lac County
Senior Meal Site
Social Service Coordinator

**Call Today
920-922-2562**

**55 North Portland St.
Fond du Lac, WI**

Classes

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tues	10—noon	4	\$16
June 9, 16, 23, 30; July 7, 14, 21, 28				
Drawing & Watercolor	Tues	1-3 p.m.	4	\$16
June 9, 16, 23, 30; July 7, 14, 21, 28				
Beginning Drawing & Watercolor	Mon	12:30-2:30 pm		\$21
June 8, 15, 22, 29; July 6, 13, 20, 27				
Mixed Media	Tues	3-4:30 p.m.	4	\$16
June 9, 16, 23, 30; July 7, 14, 21, 28				
Country Line Dancing	Thurs	6—7:30 pm	4	\$10
May 28, June 4, 11, 25; July 9, 16, 23, 30				
Beg. Country Line Dancing	Thurs	8:30—10 am	3	\$7.50
June 4, 11, 25; July 9, 16, 23				
Singing	Tues	10-11 a.m.	6	\$25
Starting again in the fall.				

AGNESIAN HEALTH SHOPPE

FOR ALL YOUR HOME MEDICAL AND RESPIRATORY NEEDS.

Exceptional service and care.
Delivery available.
(920) 926-5277 • (800) 732-1313
agnesianhealthshoppe.com

f t in YouTube RSS P+

Fond du Lac Memorials

651 Fond du Lac Ave., Fond du Lac, WI 54935
(across from Haentze Floral)

(920) 922-5606 • Toll Free 877-494-9072
kmartin@nahsi.com

Quality Monument Foundations by Ron Steffes

ADRC AGING & DISABILITY RESOURCE CENTER OF FOND DU LAC COUNTY

*FREE INFORMATION & REFERRAL
*DISABILITY BENEFIT SPECIALIST
*LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

*OPTIONS COUNSELING AND LONG TERM CARE
*INFORMATION ABOUT ELDER ABUSE/NEGLECT

MONDAY TO FRIDAY 8AM TO 4:30 PM
50 N PORTLAND STREET
FOND DU LAC, WISCONSIN

(920) 929-3466 OR 1-888-435-7335
adrc@fdlco.wi.gov

Now Leasing!

RIVERVIEW APARTMENTS
MEGLEI MANAGEMENT

Ages 62+ and/or disabled

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room
- Laundry room on each floor
- 1 pet allowed (size restrictions apply) with pet deposit
- Professional Management • Social Service Coordinator

Convenient Location
101 Western Avenue, Fond du Lac

Call or stop by today! 920-921-7298
www.meglei.com

KindredHearts SENIOR LIVING

Does Someone You Love Need Help with Memory Care?

- Gentle Quiet Alzheimer's Support
- Small Community, Safe Residential Neighborhood
- Trained Dementia Care Specialists
- Secure, Furnished Private Rooms
- Extended Stay or Respite Care Available

www.khearts.com
Call to visit or receive information:
920-946-2295

KindredHearts of Fond du Lac • 566 Sherwood Avenue, WI 54935 • 920-924-8811

JH CONTROLS

Integrity (in tegratē) n. the quality of being of sound moral principle; honesty, sincerity.

www.jhcontrols.com

PERFORMANCE • INTEGRITY

MANCINO'S PIZZA & GRINDERS

GOTTA GRAB A GRINDER!

PIZZA • SANDWICHES • PASTA • SOUP • SALAD

Open Sun-Thur 11am - 9pm
Fri & Sat 11am - 10pm

818 S. Main St.
920-926-9899
www.mancinosfonddulac.com

Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): TBA

5th Tuesday: TBA

5th Tuesday: Right at Home

BOOK CLUB

3rd Monday at 9:30 a.m.

June 15 *The Light Between Oceans*

by M. L. Stedman

July 20 *Hotel on the Corner of Bitter and Sweet*

by Jamie Ford

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

BUNCO

Thursdays at 1:30 p.m.

CANASTA

1st & 3rd Wednesdays at 12:00 p.m.

CARD MAKING CLASS

2nd Tuesdays at 3:15-4:45 p.m.,

5:15-6:45 p.m.; or 7-8:30 p.m.

To register, call Jana at 979-5262 at least 24 hours in advance.

CHORUS

Red Hat Honeys & Singing Classes

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 fee

Wednesdays at 7:30-9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

4th Thursday at 10 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays (starting in September)

9-Ball Weds. (starting in September)

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, June 4

Sunset on the Water

Call the Center to pre-register!

SCAMP

(Senior Center Band)

Wednesdays at 8:30 a.m.

SCRABBLE

2nd & 4th Monday at 10:00 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6-8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Friday, June 19

KC Hall

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00-8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m. (starting up again in September)

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

Announcements



PHONES AND VISUAL IMPAIRMENT

Thursday, June 11
1:00–2:00 p.m.

Join the Wisconsin Council of the Blind and Visually Impaired

for a free 60 minute webinar about phones and visual impairment. The webinar speakers are Council Vision Rehabilitation Teachers, Virginia DeBlaey and Jean Kalscheur, who will discuss corded, cordless, and cellular phones. You will learn techniques for dialing a button phone by touch, marking key buttons, setting up speed dial, and telephone features to consider when the user has both vision and hearing impairments.



Register by calling the Senior Center at 322-3630.

18



Thank you

to the anonymous donor who bought us a beautiful new flag. Your thoughtfulness is very much appreciated!

CLOSED FRIDAY, JULY 3RD

Please note that the Senior Center will be closed on Friday, July 3rd.



All About Life Rehabilitation Center

OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

All About Life

REHABILITATION CENTER

115 East Arndt Street
Fond du Lac, WI 54935
920.923.7040

www.allaboutlifeskillednursing.com

Call to schedule a personalized tour of our Advanced Rehabilitation Unit
....helping people live better

NOW LEASING! 50 and Better

- 1 Bedrooms
- Rent based on income
- Utilities Included*
- Small pets welcome*

*some restrictions apply

MABESS MANOR APTS.

(920) 922-2019

Campbellsport, WI. EHO

Annen Brake Service & Auto Repair

230 N Hickory St
Fond du Lac
920-922-0840

JERRY TIGHE ROOFING CO. INC.

922-7246



Home Care Services

920-933-5550

www.aboveandbeyondcaresolutions.com



920-922-1560 or 1-800-HOSPICE

79 N Pioneer Rd, Fond du Lac

www.hospiceadvantage.com

Twohig Funeral Home

www.twohigfunerals.com

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport

920-921-0960

920-533-4422

Cost conscience funeral services from full services to cremation

Robert J. Twohig

Casey W. Twohig



GRANCARE REHAB

- ✓ Private Rooms/ Big Screen TVs
- ✓ Beautiful Interfaith Chapel
- ✓ Outcome-Focused Rehab
- ✓ High Caring Staff Ratio
- ✓ Excellent Food
- ✓ Live Music Weekly

**5-STAR FACILITY
WITH EMPHASIS ON
RETURN TO HOME**

920-921-6800

Announcements

Living Well with Chronic Conditions

Weekly workshop held

Tuesdays, June 16—July 21

1:00—3:00 p.m.

Moraine Park Technical College

Two trained leaders will cover the following topics:

- Symptom Management
- Dealing with Difficult Emotions
- Goal Setting and Problem Solving
- Improving Nutrition and Exercise
- Medication Management
- Stress Management
- Communication Skills

Space is limited, registration is required by calling Marion at (920) 929-3114.

This free annual workshop is sponsored by Fond du Lac County Senior Services & All About Life Rehabilitation Center.

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



June 2 Sebastian's

June 9 Schreiner's

June 16 Blanck's Lake Aire

June 23 Northwinds Supper Club

June 30 Benvenuto's

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

Consumer Facts from the Bureau of Consumer Protection

Credit, ATM and debit cards are easy and convenient to use, but do you know what to do if your cards are lost or stolen?

To limit your liability, report the loss or theft of your cards to the card issuers as soon as possible. Under federal law, your maximum liability for the unauthorized use of your credit card is \$50. But if you report the card missing before they are used, you cannot be held responsible for any unauthorized charges.

In the case of missing or stolen ATM or debit cards, your liability depends on how soon you report the loss. If you report the card missing before it is used by a thief, you cannot be held responsible. If you report the card missing within 2 business days after the loss is discovered, you will not be liable for more than \$50 of the unauthorized use. However, if you fail to report the loss within 60 days after your bank statement containing the unauthorized use is mailed, you risk unlimited loss.

To provide the best protection against fraud, keep your cards secure and know where they are at all times. If you use a PIN, keep it secret and memorize it. For more information on this and other topics concerning seniors, go to <http://datcp.wi.gov>

TRIAD MEETING

Thursday, June 25

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Refreshments are served and a door prize is awarded. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

S.C.A.C. MEETING

(Senior Citizens Advisory Committee)

Friday, June 19; 8:30 a.m.

The public is welcome to attend!

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on aging.

Happy Travelers

Mary Schneider, Travel Coordinator

Call 322-3635

Upcoming Trips

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.



ESCAPE TO DOOR COUNTY Wednesday—Friday September 9—11

Start the trip off by boarding the Door County Trolley for a “Culinary Trolley Tour”. Get into the fun with a fish boil storyteller followed by a fish boil dinner buffet at Rowleys Bay Resort in beautiful Ellison Bay where we will stay two nights. Spend the evening at the Peninsula Players Theatre featuring the play “Nunsense”. Day two will take us on a professional step-on guided tour including Eagle Bluff Lighthouse, Ridges Sanctuary, a Boynton Chapel tour and a visit to Peninsula State Park. We will have time to enjoy lunch at Al Johnson’s Swedish Restaurant (goats on the roof). On day three we’ll visit the Door Peninsula Winery in Sturgeon Bay and enjoy some wine tasting. *Trip includes 6 meals.*



\$409*

3 Days—2 Nights *Double

Upcoming Day Trips

- Green Bay New Zoo and Bay Beach —
Wednesday, July 22; \$36
- Arlington Horse Races —
Thursday, July 30; \$55
- North Star Casino —
Dinner at Schwarz’s (included)
Wednesday, August 19; \$54
- West Side Story, Fireside Theatre —
Wednesday, October 7; \$95 (lunch included)
- Keshena Casino —
Dinner at Jim & Linda’s (included)
Thursday, October 29; \$54
- Dancing Horses/Birds Holiday Show —
Wednesday, November 18; \$90 (lunch included)
- Oneida Casino —
Mystery restaurant (dinner included)
Tuesday, November 24; \$54
- A Wonderful Life, Fireside Theatre —
20 Tuesday, December 15; \$95 (lunch included)

**Be a
Happy Traveler...
We’re going places!**

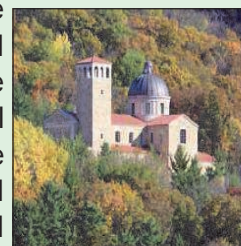


DISCOVER LA CROSSE

**Wednesday and Thursday
July 15 & 16**

Day one: after a scenic drive to La Crosse, we will visit the Shrine of Our Lady of Guadalupe and have lunch at the award winning Culina Mariana Café. A directed tour of the Shrine Church will follow. Enjoy dinner at Fayze’s Restaurant and Bakery known for their tradition of mouth watering recipes and homemade bakery treats. Settle in for a good night’s sleep at Stoney Creek Hotel in Onalaska.

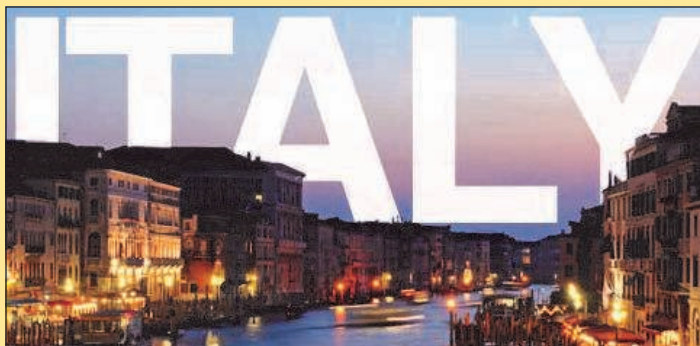
Day two begins with a guided tour of the city of La Crosse where you will see the “World’s Largest Six-Pak” and historic mansions. Visit the Chapels of St. Rose, architectural and artistic treasures which have been featured on national and regional television. Your guided tour will highlight the unique features of these exquisite chapels. We will also stop at Pleasuring Gourmet Seasonings; enjoy the breath-taking view from Granddad Bluff, voted most scenic overlook in Wisconsin; and take a trip down memory lane at Dahl Auto Museum. Lunch will follow during a 3-hour cruise aboard the beautiful La Crosse Queen, one of a few authentic Mississippi River paddlewheels still in operation in the United States. *Trip includes 4 meals.*



\$219*

2 Days—1 Night *Double

Happy Travelers



Happy Travelers presents

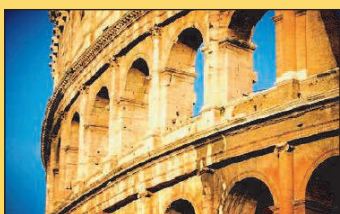
Best of Italy

November 3–11

Featuring Rome, Pompeii, Sorrento,
Tuscany and 4 nights in Florence

Tour Highlights:

- 4 Nights in Florence
- 3 Nights in Rome
- Florence City Tour
- Academy Gallery—Statue of David
- Assisi Tour
- Basilica of St. Francis
- Leaning Tower of Pisa
- Lucca's Old Town
- Siena Tour
- Rome City Tour
- Treasures of the Vatican Museum
- St. Peter's Basilica
- Roman Farewell Dinner
- VenicePompeii
- Amalfi Coast



\$3,499 per person double occupancy



Happy Travelers presents



Your Hawaiian Adventure features the three islands of **Oahu, Kauai and Maui** January 28–February 6, 2016

With optional 2-night big island post tour extension.

Highlights Include:

- Waikiki Beach
- Pearl Harbor
- Oahu's North Shore
- Kilohana Plantation
- Waimea Canyon
- Kauai Coffee Company
- Iao Valley Monument
- Lahaina,
- Polynesian Luau
- Optional day adventures available

**Book Now &
Save \$100 per
person!***

**through 7/28/15*

\$4,849 per person double occupancy

Pick up a brochure in the Happy Travelers office.



Services & Reminders

THIS 'n THAT Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.
Or by appointment evenings & weekends!

Great Gifts for Dad!



Father's Day is
June 21st

We have a nice
selection of
handmade gifts
for Father's day.

Stop in and visit with our friendly
volunteers and pick up something nice for
yourself or a special man in your life.

REMINDER . . .



Please remember to sign in
when you are at the Senior
Center. We want to know how
many people are here on any given day enjoying
our programs and activities and also want to be
sure the numbers we report are accurate.

SUMMER REMINDER...

Bring a sweater with you

Just a little reminder to
please bring a sweater with
you when you come for
activities this summer. We try
to keep the room
temperatures comfortable,
but what's comfortable to
one person may be too cool
for another. Please
remember to **dress for air
conditioning**, not the weather outside. It's best if
you dress in layers.



- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.

Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

WE
ARE
HERE
— TO —
HELP

2015 Friends Membership Application

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
MAILING ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.
Value: \$50+ Coupons are good January 1—December 31, 2015
and vary in value. This is a **FREE PERK** for ALL Friends members!

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2015 Member ☐ Renewal

Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$
☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid

☐ Received Friends Perks Coupon Book

June 2015 Newsletter



Fond du Lac Senior Center

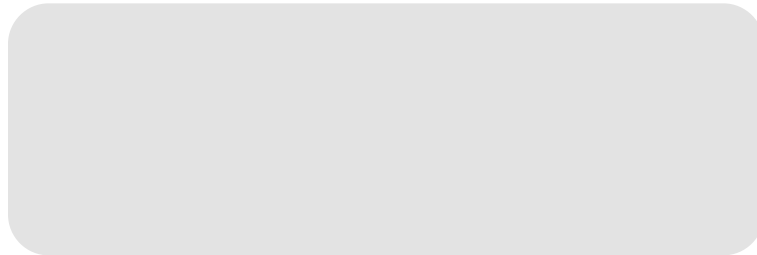
151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE

PAID

FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3630
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

WELLNESS COORDINATOR

CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3639

PROGRAM COORDINATOR

Catherine Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

FRIENDS BOARD OF DIRECTORS

Joanne Bunkelman

Robert Katzfey

Mary Kind

Vickie Michels

Charlotte Nelson

Maury Shultz

Wally Seibel

Judi Walters

Mary Weber

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman

Barbara Lukas, Chair

Councilman Gary Miller

Charlotte Nelson

Ross Purcell

Dave Redman

Jaime Roth

John Silah

Ruth Smith

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY